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United States
Department of
Agriculture

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Food and
Consumer
Service

Mountain Plains
Region

Reply to
Attn. of: SP 98-02

1244 Speer Blvd.
Denver, CO
80204-3581

Subject: Traditional Food-Based Menu Planning - Minimum
Requirements for Nutrient Levels

To: STATE AGENCY DIRECTORS - Colorado ED, Iowa,
(Child Nutrition Programs) Kansas, Missouri ED,
Montana OPI, Nebraska ED,
North Dakota, South Dakota,
Utah and Wyoming ED

The attached chart outlines the minimum requirements for nutrient levels for school lunches and breakfasts for School Food Authorities operating the traditional food-based menu planning system. The minimum requirements are provided so that state agencies may measure compliance with the nutrition standards, and the Dietary Guidelines for limits on fat and saturated fat, for schools using the traditional food-based menu planning option.

If you have any questions, please contact our office.

Ann C. DeGroat

ANN C. DEGROAT
Regional Director
Child Nutrition Programs

Attachment

cc: Colorado Health, Missouri Health, Montana Health
Wyoming Health

MINIMUM REQUIREMENTS FOR NUTRIENT LEVELS FOR SCHOOL LUNCHES TRADITIONAL FOOD-BASED ALTERNATIVE (SCHOOL WEEK AVERAGES)				
NUTRIENTS AND ENERGY ALLOWANCES	MINIMUM REQUIREMENTS			OPTIONAL
	PRESCHOOL	GRADES K-3	GRADES 4-12	GRADES 7-12
Energy allowances (calories)	517	633	785	825
Total fat (as a percentage of actual total food energy)	¹	¹	¹	¹
Total saturated fat (as a percentage of actual total food energy)	²	²	²	²
Protein (g)	7	9	15	16
Calcium (mg)	267	267	370	400
Iron (mg)	3.3	3.3	4.2	4.5
Vitamin A (RE)	150	200	285	300
Vitamin C (mg)	14	15	17	18

¹ NOT TO EXCEED 30 PERCENT OVER A SCHOOL WEEK

² LESS THAN 10 PERCENT OVER A SCHOOL WEEK

MINIMUM REQUIREMENTS FOR NUTRIENT LEVELS FOR SCHOOL BREAKFASTS TRADITIONAL FOOD BASED ALTERNATIVE (SCHOOL WEEK AVERAGES)		
NUTRIENTS AND ENERGY ALLOWANCES	PRESCHOOL	GRADES K-12
Energy allowances (calories)	388	554
Total fat (as a percentage of actual total food energy)	¹	¹
Total saturated fat (as a percentage of actual total food energy)	²	²
Protein (g)	5	10
Calcium (mg)	200	257
Iron (mg)	2.5	3.0
Vitamin A (RE)	113	197
Vitamin C (mg)	11	13

¹ NOT TO EXCEED 30 PERCENT OVER A SCHOOL WEEK

² LESS THAN 10 PERCENT OVER A SCHOOL WEEK